



Keep Up the Most Important Person in Your Life - YOU

Mar 20 - Mar 21, 2021



The Event - You

Exclusively for Women
above 25 years

Saturday, Mar 20, 2021 at 12 noon

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Sunday, Mar 21, 2021 at 4 pm

Red House

Karjat

70 Km from Thane

Dear You,

Do you need to be a SuperWoman? Isn't it that being woman itself is super! Have you ever wondered nature has made us so unique, not just in terms of creating & nurturing life, but the very way we are...

I remember my childhood days... when the bell rang at night, it used to be my mother who would open the door. Whenever there is a financial crisis, she would open her jadu ka pitara & some money would pop out from it. Whenever we did a mischief, she would be the one protecting us from our father.

We all have the same struggles but we also have all the ingredients - Courage, Wisdom, Compassion. It is in the choice that matters whether we choose to make a mess out of our life or create a story to share with the world.

Will you give yourself permission to invest your time, money & energy to unleash your true self and be able to create a story? Or will you regret in silence with no one to hold responsible, but yourself?

Lipika

If the work that YOU are currently doing is effortful, then there is no space & energy to do anything new for yourself.

Let's Experience the effortless in your inner self...

Once you become effortless, YOU will have all the energy, passion, creativity & time to do whatever you want to do outside.

... & light up the burning fire to achieve things in your outer self.

Itinerary

Saturday

Reach By:	12 noon
Welcome Drink:	12.15pm
Icebreaker:	12.30pm
lunch:	1.30pm
Mindfulness :	2.15pm
Reflection:	2.45pm
Expression:	3.15pm
Tea:	3.45pm
Session 1:	4.00pm

Saturday/ Sunday

Dinner:	5.30pm
Mindfulness:	6.15pm
Playtime:	6.45pm
Session 2:	7.45pm
Mindfulness:	9.15pm
GN:	9.45pm
Mindfulness:	6.00am
Reflection:	6.30am
Expression:	7.00am

Sunday

Yoga:	7.30am
Juice:	8.30am
Playtime:	8.45am
B/F:	9.45am
Session 3:	10.30am
Juice Break:	12 noon
Session 4:	12.15pm
Lunch:	1.45pm
Depart:	4.00pm

The Cost:

INR 6,500

[Offer price INR 5,500 if booked by
11th Mar]

Accommodation: shared basis
Comfy rooms, large lawn, superb
clean space.

Experience the oil free super yummy
cuisine.

Other facilities & things to explore
in & around.

The Logistics:

Vehicle can be arranged
ex Mumbai.

The cost of the same will be at
actual & will depend on the no of
people travelling & the size of the
vehicle.

May expect an additional
~~INR 1500~~ as extra unless you pool in
your own vehicle.

That's Me



Lipika Mitra

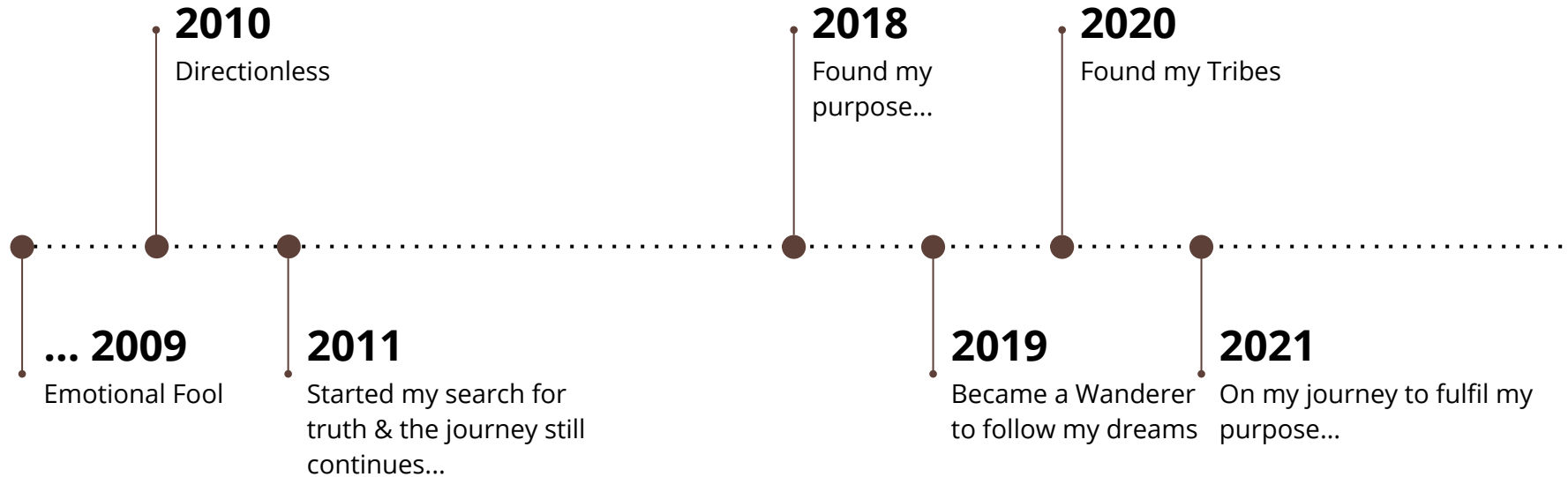
Founder of Bhooshala & Purpose Coach

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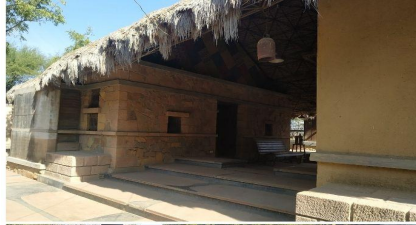
<https://www.linkedin.com/in/lipikam/>

www.facebook.com/bhooshala

My story



My Journey



Register at www.bhooshala.org/programs

... and we're so excited to celebrate with you - YOU!

@ Red House Karjat

